



the power of **PLAY**

# ELMHURST YMCA GYMNASIUM SCHEDULE

## November 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Open Gym</b>	8-8:45am 10-11:45am 2:15-5pm	5-8:45am 10:15am-3pm 6-9pm	5-6am 7:30-9am 11:15am-3pm	5-6am 10:15am-3pm 6-9pm	5-6am 7:30-9am 10:15am-3pm 6-9pm	5-6am 10:45am-3pm 6-9pm	8-8:45am 11:15am-6pm
<b>Groups &amp; Classes</b>			<b>Adult Basketball</b> 6-7:30am	<b>Pickleball</b> 6-8:30am	<b>Adult Basketball</b> 6-7:30am	<b>Pickleball</b> 6-8:30am	<b>Adult Basketball</b> 6-8am
	<b>Fitness</b> 9-9:45am	<b>Fitness</b> 9-10am	<b>Fitness</b> 9-10am 10:15-11am	<b>Fitness</b> 9-10am	<b>Fitness</b> 9-9:45am	<b>Fitness</b> 9-9:45am 9:45-10:30am	<b>Fitness</b> 9-10am 10-11am
	<b>Youth Volleyball Clinic</b> 12-2pm	<b>ASA</b> 3-6pm	<b>ASA</b> 3-6pm	<b>ASA</b> 3-6pm	<b>ASA</b> 3-6pm	<b>ASA</b> 3-6pm	
			<b>Pickleball</b> 6-8:30pm				

- Youth under the age of 11 must be accompanied by a guardian or person 18+ years old.
- Youth under 12 are not permitted in an adult group exercise class. Participation of youth 12-15 is at the discretion of the Fitness Manager based on behavior and maturity level.
- NO food or drink (with the exception of water) allowed in the gym.

**Schedule is subject to change.**

**[elmhurstymca.org](http://elmhurstymca.org)**

For additional information or questions, please contact 630-834-9200.